

## NUTRITION EDUCATION RESOURCES - ADULT

The Montana Team Nutrition Program has nutrition education resources designed for students in grades Preschool-12. Education resources include: curriculum guides, videotapes, computer software, nutrition games and many more helpful resources to allow you to cover nutrition topics with your students. There is also an adult category to answer any questions you may have about healthy eating habits.

Attached is the **Adult** resource list. Please contact the Team Nutrition Program at Montana State University if you are interested in borrowing a resource. You may borrow a resource for up to three weeks at no charge other than return postage. We can be reached by phone: 994-5641, fax: 994-7300 or email: [uhdkb@montana.edu](mailto:uhdkb@montana.edu) Our mailing address is: Team Nutrition Program, Montana State University, PO Box 173360, 202 Romney Gym, Bozeman, MT 59717-3360.

Contact Katie Bark of the Team Nutrition Program at 994-5641 if you would like a recommendation of the best resources for a specific topic.

### ADULT

#### 200 KID-TESTED WAYS TO LOWER THE FAT IN YOUR CHILD'S FAVORITE FOODS

Moquette - Magee, 1993

Adult Book

How to cut fat in your kid's favorite foods and get away with it! Food kids love without changing flavor or losing nutritional value. Everything you need to get your child started on a lifetime of healthy eating.

#### BST BOVINE SOMATOTROPIN

Bruce G. Hammond, 1990

Adult Folders

Report summarizing scientific literature on the safety of BST for people and milk.

#### CHILD OF MINE FEEDING WITH LOVE AND GOOD SENSE

Ellyn Satter, 1991

Adult Book

Basics of child nutrition including: nutrition for pregnancy, breastfeeding versus bottle feeding, calories and normal growth, introduction of solid foods to the infant diet, feeding the toddler, overweight children, and childhood eating disorders.

#### DIETARY GUIDELINES FOR AMERICANS

National Food Service Management Institute, 2001

6-12 2 Videos/Manual/Transparencies

This manual contains 2 program. One is designed to teach adults the 2000 Dietary Guidelines for Americans and the other is to teach students (grades 5-12) the Dietary Guidelines for Americans and the Food Guide Pyramid.

#### DINING LEAN

Joanne V. Lichten, RD, PhD., 2000

Adult Book

Adult

5/7/02

This book shows you how to order your favorite foods while dining out without clogging your arteries or putting on pounds.

#### EATING DISORDERS

Univ. of Wisconsin Coop. Ext. Service, 1992  
Adult Video

A teleconference discussing eating disorders, the symptoms, treatment, and case studies concerning teens.

#### EATING DISORDERS AND OBESITY IN CHILDHOOD

University of Nebraska Medical Center, 1995  
Adult Video

Video teleconference that increases awareness, interventions and strategies for prevention and treatment of eating disorders and childhood obesity.

#### EATING DISORDERS MATERIALS: EATING DISORDERS/PREVENTION & AWARENESS

Eating Disorders Awareness and Prevention, 1997  
Adult Folder

Handouts and information on eating disorders for parents, health care professionals, childcare providers, and teachers.

#### EATING ON THE RUN

Evelyn Tribble, 1992  
Adult Book

Shows how to combine nutritious eating with fast paced living. Provides strategies for weight control, meal and snack planning, plus 40 recipes that can be prepared in less than one minute! Includes advice for using convenience and fast foods.

#### (THE) FOOD LABEL AND YOU

Wheat Foods Council, 1996  
Adult Video

This 8 minute video provides information that helps put the principles of the Food Guide Pyramid to work.

#### FOOD & NUTRITION GUIDE

American Dietetic Association, 1998  
Adult Book

A complete guide to food nutrition. Easy to read and up to date.

#### HEALTH ACTION TEAM

Arkansas Department Of Education, 1993  
Adult Leader/participant guide

Guide for members of a health action team in a school to follow for tips to implement the dietary guidelines in schools.

#### HELPING A FRIEND WITH AN EATING DISORDER

MSU Extension Service, Student Health Services, 1999  
Adult Video

Adult

Eating disorders can not only be found in large metropolitan areas, but also in small rural towns of Montana. This live video discussion explores how to help a friend or family member struggling with eating disorders and/or body image issues and provides information on prevention, early detection, and prompt intervention of eating and body image issues.

#### HOW TO GET YOUR KID TO EAT: BUT NOT TOO MUCH

Ellyn Satter, 1987

Adult Book

Basic principles of eating, details how to feed children, deals with childhood obesity, helps those with special needs.

#### IT'S ALL ABOUT YOU

National Cattlemen's Beef Association, 1999

Adult Video Kit

A ready to use kit to use in educating adults on achieving more healthful lifestyles.

#### LEAN 'N EASY

National Livestock & Meat Board, 1994

Adult Video leader packet

This video packet details preparation methods for lowfat cooking of meats in group or one-on-one sessions.

#### LICKETY-SPLIT MEALS FOR HEALTH CONSCIOUS PEOPLE ON THE GO!

Zonya Foco, 2001

Adult Cookbook & Grocery Guide

Tips and recipes on nutritious meal planning for busy moms.

#### LOW FAT COOKING

Meridian Education Corp., 1993

Adult Video

Shows how to make low fat cooking a way of life by replacing rich fatty flavors with other flavor ingredients.

#### NUTRIPRINTS

Washington State Dairy Council, 1996

Adult Reproducible masters

Reproducible masters to assist in providing information of six key nutrients: antioxidants, calcium, fiber, foliate, iron, and potassium.

#### RECOMMENDED DIETARY ALLOWANCES

National Research Council, 1989

Adult Book

This book has been approved by the Food and Nutrition Board and the NRC Report Review Committee. The tenth edition reflects a concurrence of scientific opinion and will be appropriate for use by governmental and private agencies as a basis for developing nutrition programs and policies pertaining to public health.

#### SECRETS OF FEEDING A HEALTHY FAMILY

Adult

Ellyn Satter, 1999  
Adult Book

This book aims to help you and your family rediscover the joy and security of sharing good food.

#### UNDERSTANDING THE NEW FOOD LABEL

U.S.D.A.- F.S.I.S., 1993  
Adult Video

Includes information on the new food labeling regulations.

#### USING FOOD LABELS TO FOLLOW THE DIETARY GUIDELINES FOR AMERICANS: A REFERENCE

USDA, 1994  
Adult Reference Guide

Label education reference guide.

#### WHICH PATH: EATING DISORDERS IN MONTANA

MSU Extension service, 1999  
Adult Video

A video tape of a 1-hour show featuring eating disorders in Montana. A case study of a reoccurring anorexic is featured.

#### WRITING PROPOSALS FOR GRANT FUNDING

NFSMI, 1999  
Adult Manual

Information on writing grant proposals from the Annual Conference Pre-conference Training American School Food Service Association July 23-24, 1999.

#### YALE GUILD TO CHILDREN'S NUTRITION

Yale University, 1997  
K-12: Adult Book

This book presents the latest scientific knowledge about nutrition and provides recipes from famous chefs for delicious and healthy dishes.